



# DUKKAH CRUSTED DUCK

WITH ROASTED BUTTERNUT, SUMAC AND FETA

SPECIALITY INGREDIENT



HELLO DUKKAH

*In Arabic, dukkah literally means 'to pound' because this is how the mixture of nuts and spices are combined.*



Butternut Squash



Red Onion



Duck Breast



Honey



Feta Cheese



Cider Vinegar



Sumac



Rocket



Dukkah Spice Mix

MEAL BAG

40 mins

3.5 of your 5 a day

Little heat

Tonight's dinner is a veritable explosion of colour and flavour. Sweet roasted butternut squash, peppery rocket, tangy sumac and salty feta make a bed for deliciously crispy-skinned duck. It's finished with dukkah, that gorgeous Middle Eastern mixture of roasted nuts and spices. Duck and dukkah, such a good combination it surely can't be a coincidence that their names are so similar?

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# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, two **Baking Trays**, a **Frying Pan**, some **Foil** and a **Mixing Bowl**. Now, let's get cooking!



## 1 PREP THE VEGGIES

Preheat your oven to 200°C. Trim the **butternut squash** then halve lengthways and scoop out the seeds. Chop widthways into 1cm lengths, then chop again into 1cm chunks (no need to peel). Halve and peel the **red onion** then chop into eight wedges.



## 2 ROAST THE BUTTERNUT

Put the **butternut** on a lined baking tray and drizzle with **oil**. Season with a pinch of **salt** and **pepper** and toss to coat. Spread out then roast on the top shelf of your oven until soft, 30-35 mins. After 20 mins, add the **onion** to the baking tray, carefully toss together and return to the oven for the remainder of the time.



## 3 SCORE THE DUCK

Meanwhile, heat a frying pan on medium-high heat. While the pan gets hot, pop the **duck breast** on a chopping board, skin-side up. Use a sharp knife to make criss crosses on the skin (don't cut through to the flesh), four lines going one way and four going the other way diagonally. Season both sides of each **duck breast** with a good pinch of **salt** and **pepper**.



## 4 GET COOKING!

Lay the **duck** skin-side down in the pan. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat. Cook until the skin is crisp, 6-7 mins, then turn and brown the flesh side for 1 minute. Place on another baking tray (skin-side up) then roast on the middle shelf of your oven for 8-10 mins. **TIP:** Cook for a couple mins more if you want it less rare. When done, remove from your oven, drizzle on the **honey** and wrap loosely in foil.



## 5 FINISH OFF

Break the **feta** into small chunks. Make the dressing for the rocket in a mixing bowl by whisking together the **cider vinegar**, **olive oil** (see ingredients for amount), **half** the **sumac** and a pinch of **salt** and **pepper**. When the **butternut** and **onion** are cooked, remove from the oven and sprinkle over the remaining **sumac**.



## 6 SERVE

Cut each **duck breast** into six thin slices. Add the **rocket** to the **sumac dressing** and toss together. Lay the **rocket** out on your plates. Nestle the **butternut** and **onion** amongst the **rocket**, then add the **feta**. Place the **sliced duck** on top and drizzle over any juices left in the foil. Sprinkle the **dukkah spice mix** over the **duck**. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Butternut Squash *	1 small	1 large	1 large
Red Onion *	1	2	2
Duck Breast *	2	3	4
Honey	1 sachet	1½ sachets	2 sachets
Feta Cheese 7) *	1 block	1½ blocks	2 blocks
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Sumac	1 pot	1½ pots	2 pots
Rocket *	1 bag	1½ bags	2 bags
Dukkah Spice Mix 1) 2) 3) 10)	1 pot	1½ pots	2 pots

\*Not Included

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 518G	PER 100G
Energy (kcal)	631	122
(kJ)	2638	509
Fat (g)	37	7
Sat. Fat (g)	13	3
Carbohydrate (g)	29	6
Sugars (g)	19	4
Protein (g)	47	9
Salt (g)	1.50	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

1) Peanut 2) Nut 3) Sesame 7) Milk 10) Celery 14) Sulphites

## PAIR THIS MEAL WITH

A red wine like a Pinot Noir.

**Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.**

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